

**Registration:**

**Sheng Zhen Healing Gong Stage I & II**

December 8 – 9<sup>th</sup> 9:00 am - 5:00 pm

**Return to Spring imparted by Lao Tzu**

December 10-11<sup>th</sup> - 9:00 am - 5:00 pm

**Moab Arts & Recreation Center  
11 East 100 North, Moab, Utah**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**ALL FOUR DAYS \$450\* / \$500**

**Thurs. & Fri only \$230\* / \$275**

**Sat. & Sun \$230\* / \$275**

**\*Early registration discount must be paid  
in full by November 23, 2016**

**Conditions for Registration:**

No one is considered registered until payment is received in our office. Checks or payment received after the cut-off date for early registration will need to be for the full amount. Early registrations discount ends 10 business days (14 calendar days) prior to each seminar.

**Cancellation & Refund Policy**

A \$20 administrative fee applies to all cancellations and will be subtracted from refund. No refunds will be issued for cancellations made less than 14 calendar days before any particular seminar.

**Mail to:** Phoenix Rising Center

76 South Main, Ste #10 Moab, UT 84532

I would like to receive  
Acupuncture CEU's

I would like to receive  
Nursing CEU's



**Sheng Zhen Healing Gong  
Stage I & II**

December 8-9<sup>th</sup> 9am – 5pm

**The Practice of Sheng Zhen Healing Gong**

Practice with a smiling face with a heart and chest that is open and broad. Do not rush through the movements. Do them with patience, free from expectations. All thoughts dissolve in to nothingness. Merge with air, flow back to the original state. If your heart is open your qi merges with the universe; your qi flows.

**Return to Spring**

**Imparted by Lao Tzu**

December 10-11<sup>th</sup> 9am – 5pm

**1<sup>st</sup> Movement: The Spring Sun has Returned**

Try to breath evenly. Maintain a happy demeanor. Hands move in the direction of the chest pouring qi into the heart point. Move gracefully, like smoke like mist. The purpose of the first movement is to regulate the breathing and balance the yin yang. Breathing is natural and the circulation is smooth and unobstructed.

For more information, including directions, go to:

[www.phoenixrisingmoab.com](http://www.phoenixrisingmoab.com)

email: donald@phoenixrisingmoab.com

DONALD LEATHERS

Phone: 435-259-8123

76 South Main, Ste #10

Moab, UT 84532

Sheng Zhen



Sheng Zhen Moab & Phoenix Rising Center  
presents

**Sheng Zhen Gong Intensive**

For Practioners, Patients & Students

With

**Master Li Junfeng**



**Two Workshops**

**December 8-9**

**& December 10-11, 2016**

**Moab, Utah**

Master Li Junfeng is one of the true qigong masters in our lifetime and is the moving force behind bringing Sheng Zhen Gong, the qigong of unconditional love, to the world.

Everything about Master Li speaks of love ~ his kindness, compassion, his energy and enthusiasm. He lives what he teaches and his spirit is infectious. One always leaves changed upon meeting him.

WORLD RENOWNED  
TEACHER AND MENTOR

## Master Li Junfeng

Master Li has dedicated his life to bringing Sheng Zhen Gong to the world. He has taught various forms of qigong for more than 40 years and maintains an international Sheng Zhen teaching schedule. The mission of Sheng Zhen Gong goes beyond the common concept of Qigong, an ancient treasure from China. Sheng Zhen Gong is a gift from Heaven to help people find value and true happiness in life. This is a rare opportunity to study with a true Master level teacher. Space is limited, please register early.

### Sheng Zhen Healing Gong Stage I & II

December 8-9<sup>th</sup> (9 am – 5 pm)\*

### Return to Spring imparted by Lao Tzu

December 10-11<sup>th</sup> (9 am- 5 pm)\*

#### CEU's

This course provides up to 12 continuing education/professional development activity units for recertification by:

National Certification Commission for  
Acupuncture and Oriental Medicine.



[www.nccaom.org](http://www.nccaom.org)

American Holistic Nurses Association.

[www.anha.org](http://www.anha.org)

\*Allow extra time to find our location. Please come 20-30 minutes early to prepare for class. Be ready to start on time. Wear comfortable, loose clothing. Bring yoga mats and meditation cushion.

Sheng Zhen



## SHENG ZHEN GONG

*Sheng Zhen is found in the heart of every human being as a seed waiting to be watered and nourished. Once Sheng Zhen is experienced in the heart, it is seen everywhere. There is nowhere it does not exist, for the very fabric of existence is Sheng Zhen. The name Sheng Zhen carries the power of Unconditional Love originated from the universe.*

### **Sheng Zhen Gong** (*shung jen goong*)

Is a unique system of qigong, an ancient form of healing movement and meditation that has been practiced for thousands of years.

**Qi** (chee) is present in all heavenly bodies, in the entire universe. Qi is our very life force, the energy we are born with. It is in the air we breathe and the food we eat. From qi comes life. Qi is the basis of life. Where there is qi, there is life. Where qi is non-existent, life too becomes non-existent.

**Gong** translates as “work.” It is the principle of qi in action, qi in exertion, qi at work.

When qi cannot flow freely, the quality and the quantity of qi will deteriorate. This can be experienced as fatigue, poor health, loss of focus, low motivation, depression, anxiety. The natural state of being at ease and in harmony with one's surroundings becomes harder to maintain or even experience.

Sheng Zhen Gong uses awareness and movement to harness the natural exchange of qi between ourselves and the universe. These simple movements can improve health, balance emotions, open the heart, elevate the spirit, and more.

Sheng Zhen translates as “sacred truth,” also “unconditional love.” Sheng Zhen Gong is the qigong of unconditional love. It is more than a movement, more than exercise, more than meditation, more than a philosophy.

Sheng Zhen Gong is unique in that it naturally opens the heart. Love and qi are seen to be original, universal energies that are intertwined. As one's heart opens through regular practice, love and qi flow easily, naturally. One is able to settle into a state of ease, the *qigong state*, the peaceful state of “merging into all.”

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